

INTRODUCES A NEW SERIES ON WELLNESS

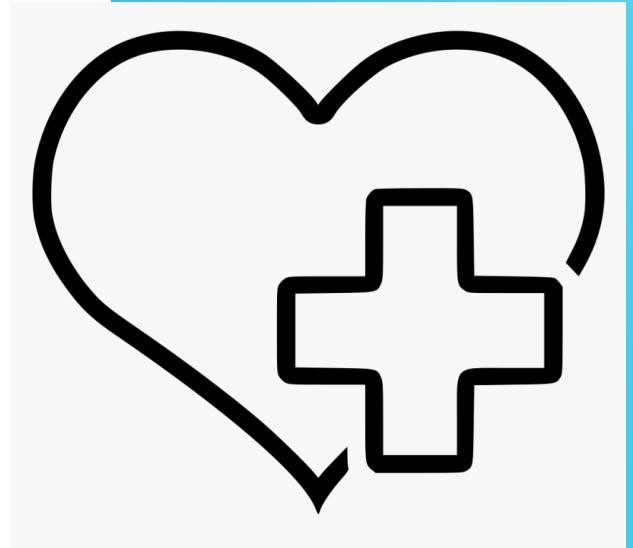
CARING FOR THE TEMPLE OF THE HOLY SPIRIT

**HOW TO MAINTAIN PHYSICAL HEALTH
DURING A PANDEMIC.**

**A PRACTICAL HOME EXERCISE
PROGRAM TO MAINTAIN
STRENGTH AND BALANCE.**

PRESENTATION BY

DR. KAVORK HAGOPIAN, PT, DPT, MBA



Dr. Hagopian is a full time faculty member of Rosalind Franklin University, and practice in the out-patient physical therapy setting. He has served the Armenian Church since his youth and was ordained to the diaconate in 1994.

**Thursday,
January 28, 2021**

**7:00 PM (CST)
via Zoom**

To register

<https://tinyurl.com/KHagopian>

**THIS 30 MINUTE PROGRAM WILL INCLUDE AN EXERCISE ROUTINE,
SO PLEASE WEAR COMFORTABLE CLOTHING
AND HAVE A CHAIR CLOSE BY TO HOLD.**